Meatloaf

There are so many ways to make meatloaf, and so few ways to mess it up. Except, of course, an inch of ketchup on top. So have fun and play with the various ingredients. Texturally, a proper meatloaf will feel moist, and plop into the pan. Additives, such as mushrooms, onions, and even corn, peas, carrots, or spinach can stretch the meat and hide vegetables.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set for preparation time set for 25 minutes before you plan to put the food in the oven

C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Have a child help you stir and plop the meatloaf in the pan
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Contrasting colored chopping bowls and utensils

Potential Food Allergy or Intolerance:

- Barbecue Sauce
- Breads (gluten)
- Beef
- Cereal (gluten)
- Eggs
- Ketchup
- Mushrooms
- Oatmeal (gluten)
- Onions
- Pepper
- Potatoes
- Spices
- Sausage
- Tomatoes
- Turkey

Meatless Preparation Avoid:
- Beef
- Sausage
- Turkey
- Substitute with: _____

Utensils:
- Can opener
- Large mixing bowl
- Wooden spoon
- Pan: 2.5 quart oblong pan with lid

Ingredients:

Meat: Choose 2 pounds of:
- Beef burger, or
  - Turkey burger
- 3 eggs
  - Optional:
    - 1 pound of sausage

Vegetables:
- 15 ounces of carrots
- 15 ounces of peas
- 15 ounces of potatoes
  - Optional:
    - 4 ounces of mushrooms
    - 1/4 cup of onions

Other ingredients:
- 1/2 cup of barbecue sauce
- 1 cup of crushed corn cereal (gluten free), or
  - 1 cup of crushed rice squares (gluten free)
- 1/2 cup of ketchup
- 1 cup of oatmeal
- Dash of salt
- Spices such as pepper, to taste
  - Optional:
    - 1 cup of stale, gluten free bread in place of oatmeal or cereal

Preparation time: 20 minutes

Preparation:

1. Stir together dry ingredients:
   1/4 teaspoon salt
   1 cup of oatmeal
   1 cup of gluten free crushed cereal (corn or rice squares)
2. Add optional:
   4 ounces of mushrooms
   1/4 cup of onions
3. Add:
   3 eggs
   1/2 cup of ketchup
   1/2 cup of barbecue sauce
4. Stir well
5. Add:
   2 pounds of beef burger, or
   2 pounds of turkey burger
   Optional:
   1 pound of sausage
6. Stir well.
7. If it is too moist, add:
   A bit more oatmeal, or
   Crushed cereal
   Be careful not to get any raw meat on the packages.
8. If it is too dry, gently add:
   A bit more ketchup, or
   Barbecue sauce
   About a tablespoon at a time.
9. When perfect, pour into pan.
10. Add a paper thin layer of ketchup across the top to hold in moisture.
11. Place lid on pan, and then place pan into oven.

Cook Temperature: 350 degrees

Cook Time: 1.5 hours

Servings: 8 to 10

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.